



PRESS RELEASE

County of Los Angeles
Chief Executive Office
500 W. Temple Street, Room 358
Los Angeles, CA 90012
ceo.lacounty.gov



Contact: Lara Arsinian or Brandon Dowling, Communications Specialists
Office: (213) 974-1311, pio@ceo.lacounty.gov

For Immediate Release

County Residents Urged to Stay Cool and Beat the Heat

Los Angeles (May 13, 2014):

The County of Los Angeles, in response to the upcoming heat wave, will be operating and expanding several services to help residents beat the heat. Temperatures are expected to exceed 100-degrees in many parts of the County and residents are urged to stay safe and keep cool. The following facilities are open and available to all County residents for the duration of the heat wave:

- Ninety-four cooling centers will be open throughout the County at various County owned and operated facilities. Hours and days of operation vary.
- Splash pads at Alondra Community Regional Park in Lawndale and Mayberry Park in Whittier will extend their hours from 10 a.m. to 5 p.m. every day of the week. Other splash pads throughout the County will remain open during regular operating hours.

To locate any of the nearest cooling centers, splash pads, or public pools and to find contact information and operating hours, visit: <http://bit.ly/BeatTheHeat2014>. This Google Map can be accessed from all modern desktop browsers and supports mobile devices including iOS and Android.

Residents are also encouraged to visit any of the County's 88 public libraries during normal operating hours. To find the library nearest to you, visit: <http://www.colapublib.org/lib/>.

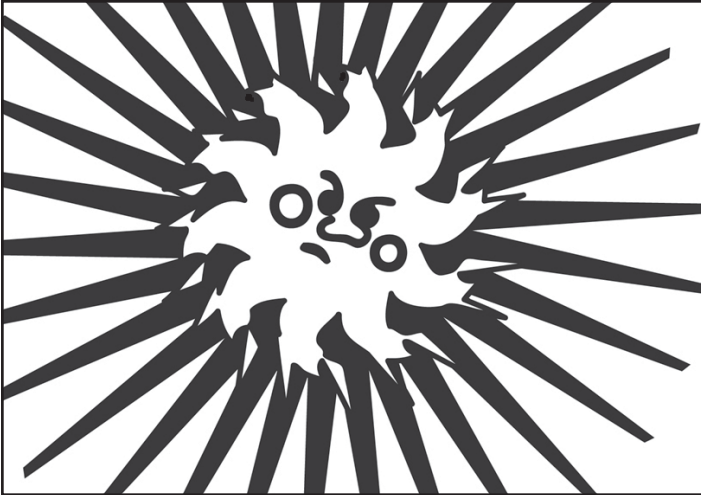
For a video of summer heat wave tips from the LA County Fire Department, visit fire.lacounty.gov and click on the 'Safety Preparedness' tab. Additional information about heat wave health risks and facts is also attached.

For more information on the heat wave and LA County services, visit LACounty.gov or follow the official LA County Twitter account [@lacountyceo](https://twitter.com/lacountyceo).



FOCUS

Heat Wave



It can get too hot!

During an average summer, some 200 people across the country die due to heat injuries from exposure to high summer temperatures.

Clearly, heat can be a force, particularly in Southern California, where temperatures exceeding 100 degrees in the suburban valleys and 110 degrees in the low desert areas are not uncommon during the summer and fall.

Heat-wave emergencies can strike very quickly. In 1995, for example, the city of Chicago's medical examiner received reports regarding the first heat-related fatalities at 9 p.m. on a Friday night. By 8 a.m. the following morning, an additional

87 people had died. These deaths were caused directly by the heat.

Exposure to sunlight is a mixed blessing. Although sun is necessary for life, exposure to ultraviolet (UV) radiation is potentially dangerous and can damage the skin. Varied burns result from prolonged exposure to UV rays, but some people also may burn from very little exposure. UV rays can significantly keep the skin from compensating for the excess heat.

Overexposure to heat or excessive exercise in the heat also can cause other injuries. The severity of such injuries increases with age; heat cramps in a younger person may be heat exhaustion in a middle-aged person, but may be heatstroke in an elderly person. This occurs because the person has not adapted to the heat and is unable to adjust to changes in the body.

The reverse side of this Focus Sheet offers recommendations designed to help you avoid heat-related death and injury wherever you live, work, or play.

Check these websites

www.earthquakecountry.org (Earthquake Country Alliance/SCEC)

www.espfocus.org (Emergency Survival Program)

www.calema.ca.gov (California Emergency Management Agency)



HEAT WAVE

www.espfocus.org

Heat Conditions, Symptoms and First Aid

What you might see in a heat injury

1. Sunburn is usually a first-degree burn that involves just the outer surface of the skin. Symptoms include redness and pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

First Aid: Use ointments, as well as cool baths or compresses, for less severe cases. Don't break the blisters; if blisters do break, use a dry germ-free dressing. In severe cases consult a physician. Drink plenty of water.

2. Heat cramps often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and occasionally the abdomen.

First Aid: Remove the victim from the hot environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

3. Heat exhaustion is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

First Aid: Remove the victim from the heat. Lay the victim down and loosen the clothing. Apply cold compresses and cool the body by fanning the victim or placing the victim in a cool environment. Consult a physician if vomiting continues.

4. Heatstroke occurs when the body stops sweating but the body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be hot, dry, red or flushed even under the armpits. This condition is a severe medical emergency that could be fatal.

First Aid: Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. **DO NOT PROVIDE FLUIDS** to an unconscious victim.

Preventing Heat Injuries

What you can do to prevent heat injuries

- ☐ Avoid the sun from 10:00 a.m. to 3:00 p.m. when the burning rays are strongest.
- ☐ Reduce physical activity.
- ☐ Wear a wide-brimmed hat and light colored, lightweight, loose-fitting clothes when you're outdoors. This type of clothing reflects heat and sunlight, which helps you maintain a normal body temperature.
- ☐ Avoid sudden changes of temperatures, (i.e., air out a hot car before getting into it).
- ☐ Avoid hot, heavy meals that include proteins. They increase your metabolism and water loss, and raise your body's natural way of cooling.
- ☐ Set your air conditioning thermostat between 75 and 80 degrees. If you don't have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.
- ☐ Drink plenty of fluids even if you aren't thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.
- ☐ Do not drink alcohol or caffeine since they are diuretics (i.e., promote water loss).
- ☐ Use a sunscreen with a sun protection factor (SPF) of at least 15 if you need to go out in the sun.

Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN.

This project was supported by FY07 UASI funding awarded by the California Emergency Management Agency, through FEMA/DHS.



This information sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Emergency Management Agency (Cal EMA) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

HAZARDS AND THREATS

EXTREME HEAT – SYMPTOMS,

FIRST AID AND HEAT-RELATED ILLNESSES

Symptoms of Dehydration and Heat Cramps include the following:

- Dizziness
- Fatigue
- Faintness
- Headaches
- Muscle Cramps
- Increased Thirst

Individuals with these symptoms should be moved to a cooler, shaded place and given water or sports drinks. More severe symptoms such as diminished judgment, disorientation, pale and clammy skin, a rapid and weak pulse, and/or fast and shallow breathing may indicate heat exhaustion or impending heat stroke and requires immediate medical attention.

The following are some suggestions in what you can do to protect yourself against Extreme Heat conditions:

- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated. Person who have epilepsy; heart, kidney or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Drink water or electrolyte-replacing sports drinks often (do not wait until you are thirsty) and avoid drinking sweetened drinks, caffeine and alcohol.
- Offer help to those in your neighborhood with limited access to air conditioning and transportation, such as seniors, people who are ill or who have disability access and functional needs. Check on them frequently or take them to a location with air conditioning.
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun. Consider spending the warmest part of the day in a public building such as libraries, schools, movie theaters, shopping malls, and other community facilities.

- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Eat well-balanced, light and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Dress in loose-fitting, lightweight and light colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Avoid unnecessary exertion, such as vigorous exercise during peak sun hours, if you are outside or in a non-air conditioned building.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in Extreme Heat and take frequent breaks.
- Slow down and avoid strenuous activities.
- Remember to put on Sun Screen
- Remember to wear your Sunglasses

HEAT-RELATED ILLNESSES

Heat Cramps

Heat Exhaustion

Heat Stroke (Most Severe Heat-Related Illness)

Heat Cramps:

- Symptoms include muscular pains and spasms, usually in the stomach, arms and leg muscles.
- Usually results from heavy exertion, such as exercise during Extreme Heat.

- Although heat cramps are the least severe of all heat-related problems, they are usually the first signal that the body is having trouble coping with hot temperatures. Heat cramps should be treated immediately with rest, fluids and getting out of the heat.
- Seek medical attention if pain is severe or nausea occurs.

Heat Exhaustion:

Symptoms include the following:

- Heavy Sweating
- Pale and clammy moist skin
- Extreme weakness or fatigue
- Muscle cramps
- Headaches
- Dizziness or Confusion
- Nausea or Vomiting
- Fast and Shallow Breathing
- Fainting

First Aid for Heat Exhaustion:

- Rest in a Cool Area
- Sipping of Water or a Sports Drink
- Applying Cool and Wet Cloths
- Elevating the feet 12 inches

NOTE: If left untreated, victim may go into heat stroke. Seek medical attention if the person does not respond to the above basic treatment.

Heat Stroke:

Symptoms include the following:

- Flushed, Hot, Dry Skin (No Sweating)
- High Body Temperature above 103F
- Confusion or Dizziness
- Unconsciousness
- Throbbing Headache
- Rapid or Strong Pulse

NOTE: Heat Stroke is the most severe heat-related illness and occurs when a person's temperature control system, which produces sweat, stops working. Heat Stroke may lead to brain damage and death.

First Aid for Heat Stroke:

- Call 9-1-1
- Move Victim to a Cool Shaded Area
- Fan the Body
- Spray the Body with Water

Information provided by the Los Angeles County Department of Public Health.

Last Modified: 7-9-12 1755